





















PRESCRIPTION FOR BEHAVIORAL HEALTH

Mobile Resources

Date _____

- | | | | | | |
|--------------------------|---|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> |  ACT Coach* | <input type="checkbox"/> |  LifeArmor | <input type="checkbox"/> |  PTSD Coach* |
| <input type="checkbox"/> |  Breathe2Relax | <input type="checkbox"/> |  Mindfulness Coach* | <input type="checkbox"/> |  Stay Quit Coach* |
| <input type="checkbox"/> |  CBT-i Coach* | <input type="checkbox"/> |  Moving Forward* | <input type="checkbox"/> |  T2 Mood Tracker |
| <input type="checkbox"/> |  Concussion Coach* | <input type="checkbox"/> |  Parenting2Go* | <input type="checkbox"/> |  Tactical Breather |
| <input type="checkbox"/> |  CPT Coach* | <input type="checkbox"/> |  PE Coach* | <input type="checkbox"/> |  The Big Moving Adventure |
| <input type="checkbox"/> |  Dream EZ | <input type="checkbox"/> |  Positive Activity Jackpot | <input type="checkbox"/> |  Virtual Hope Box |

COMMENTS



Download free apps available from the National Center for Telehealth & Technology.

t2health.dcoe.mil/products/mobile-apps

**These apps were developed in partnership with the U.S. Department of Veterans Affairs.*



Released January 2017 | This product developed by the National Center for Telehealth & Technology is reviewed annually and is current until superseded. Visit t2health.dcoe.mil for more information.

Product ID # 4095





PRESCRIPTION FOR BEHAVIORAL HEALTH

Web Resources

Date _____



AfterDeployment

afterdeployment.dcoe.mil

Wellness resources for the military community addressing 20 behavioral health topics with anonymous self-assessments, tips and facts, videos, and more.



Post-Traumatic Stress



Depression



Relationships



Anxiety



Anger



Alcohol & Drugs



Sleep

Other _____



Military Kids Connect®

militarykidsconnect.dcoe.mil

An online community where military youth can de-stress and connect with their peers.



Sesame Street for Military Families

sesamestreetformilitaryfamilies.org

Support for military families from Sesame Workshop on deployments, moving, and more.

COMMENTS

Developed by the National Center for Telehealth & Technology, a component center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

